M.M.S. Instructions

MMS1 Mixing and Activation Instructions http://mmsinstructions.com/ http://mms-articles.com/instructions.htm

To purify water: (including spigot water) one drop of MMS in one gallon of water will remove most heavy metals, and pathogens from the water. The water will be odor free and drinkable within three to ten minutes after mixing. One or two drops of lemon juice will speed the purification process. This drinking water has no health benefits except that metals, microbes, and bacteria are removed from the water. The ClO2 ions sacrifice themselves and disappear.

For internal detoxification: to remove harmful pathogens and metals from your body, follow these mixing instructions before drinking the MMS mixture. The purpose of the activation is to combine MMS and vinegar in a cup (slow process) resulting in a liquid that containes the beneficial ClO2 gas ions. Then, dropped into a glass of water, and after drinking, the chlorine-dioxide ions in your stomach are gradually circulated, which is claimed to benefit and gradually detoxify your entire body. The procedure was standardized in 2006 in the writings of Jim Humble - the discoverer of how to prepare MMS for internal use. Humble's 127 page book can be downloaded here if desired (no charge): [http://JimHumble.biz/MMS-book1.pdf].

FIRST - Activate a few drops of the MMS solution. For the first dose, begin with a one drop mixture morning and evening to gradually get acclimated to the detoxifying action. In a cup or glass mix 1 MMS drop from the original bottle with 5 drops of one of these acids below. Avoid vitamin C temporarily. Gradually increase dosage later.

unfiltered apple cider vinegar, or
lemon juice drops, or
lime juice drops, or
citric acid drops

Unfiltered apple Cider Vinegar has the added benefit that it kills candida on contact making it a preferred acid. Or, prepate a separate pint of 10% citric acid which may last through a month of use. Mix 1 tablespoon of Citric Acid powder with 9 tablespoons distilled water to make a 10% citric acid solution for use with MMS. Store in a separate bottle. Refrigeration is helpful but not required.

Use 5 drops of one acid above to each one drop of MMS (1 to 5). A 2-drop dose would require 10 drops of vinegar, for example.

SECOND - Wait Three Minutes. Swirl the MMS drops and the acid drops in the cup, then wait three minutes after mixing. (3 to 5 minutes is OK - 10 minutes is merely wasteful.) The two ingredients combine in the cup to produce the ClO2 in ionic liquid form. It can't be stored. It slowly begins to release the beneficial gas called chlorine dioxide (ClO2).

THIRD - After 3 minutes, dump the pale yellow ClO2 into a glass of water. WATER DOES NOT HARM OR THIN the ClO2 - any amount is ok provided you can drink it. The detoxifying ClO2 that will be absorbed slowly for 1.5 hours into the blood stream. After this you can drink it immediately. The gas you smell is the germicidal agent. Each dose after swallowing provides about 1.5 hours of benefit. Do not use orange juice before or after. Vitamin C and other anti-oxidents neutralize the desired benefits. The amount of added water or juice does no harm to the effectiveness - provided you drink it all. Avoid taking vitamin C for several hours.

FOURTH - Dosage Caution. You MUST start (at first) with one or two MMS drops, never more even if you feel nothing is happening. If you have a "sensitive" stomach, or if you are currently ill, use caution and only drink half the dose at first, then drink the other half one hour later. Tolerance develops quickly and nausea is rarely noticed after the first dose. Nausea indicates that MMS has already found and destroyed more toxins that your elimination system can handle. If diarrhea and or nausea occurs wait longer between doses and increase later very slowly. If you're already ill with flu or bronchitis, for example, proceed slowly because you may have mucus to be gradually eliminated.

FIFTH - Drink it. If the taste of MMS in lots of water is still a complaint, suck on a life saver before and after. Or take a mouthful of prune or pomegranet juice as a small chaser. If you experience no nausea after the first dose, increase to two drops the next day morning and evening. Thereafter take the two drop doses every 2 hours - or 1.5 hours if you wish. The more hours that chlorine dioxide circulates in your blood stream, the sooner you'll notice beneficial results. The gaps when ClO2 is not circulating should be minimized. Asume each dose of any size lasts about 1.5 hours. Jim Humble's official protocols are at http://JimHumble.biz. Former protocols that suggested ramping up to 15 drops morning and evening were not only hard to do, but they left a big gap between doses. It can be your personal choice how rapidly you want MMS to exhibit results. Diarrhea is a sign that detoxification is occurring which is good. Diarrhea subsides in one or two days typically.. But nausea provides no benefits - you are killing pathogens too rapidly, so lower the number of drops and spread more time between doses. See article: how to avoid nausea completely. **http://MMS-articles.com**

If you experience nausea, put more time between doses. Repeat dosage twice daily. Your body quickly develops tolerance for the drink as metals, bacteria, parasites and yeasts are ripped apart and eliminated. See Jim's protocols related to auto-immune diseases at his web site. For pets, reduce dosage drastically and use an eyedropper to place fluid in the pet's mouth or put one drop activated MMS in the pet's drinking water. For cats, a small amount of chicken flavoring is useful. (See User Stories at **http://MiracleMineralStories.com**).

SIXTH - Monitor Effectiveness. Diarrhea is a good sign but should not continue beyond two days. The body is throwing off poisons and your elimination system is stressed. Most people report that they feel much better after allowing some cleansing reactions. Eat raw apples to reduce nausea if it develops. Reduce dosage if nausea occurs. Don't seek medicine for diarrhea relief. When toxins are eliminated, diarrhea ceases. WARNING: Some people are suddenly hit hard with disabling nausea. If so, skip a day and back off the dosage level for a couple days. People with weak kidneys, bad heart, blood problems, or liver problems should obviously maintain dosages below the nausea level.

After achieving three weeks of 2 drop doses every 2 hours, for 8 to 10 hours per day, you will probably be detoxicated - depending on body weight, and depending on the toxic load you may be carrying - and the heavy metals that are gradually eliminated. Judge the state of your health and eventually drop back to a low "maintenance mode." Reduce the preparations to 4 to 6 drops twice a week or 2 drops every morning. For children, 4 drops twice a week. Persons weighing under 90 pounds or over 180 pounds should reasonably reduce or increase their dosages, staying just under the nauseous indicator until their systems are cleared. Years of toxin intake resides in muscles, brains, intestines, glands, and nerves. Also poisons, insecticides, mercury, aspartame, herpes, and others may require longer time periods with medium dosage for detoxification. Skin surface illnesses (moles, fungus, herpes) respond rapidly with poultices or spray on the area for 20 minutes while the CL-O2 gas penetrates the skin, killing bacteria or fungus.

This instruction statement was generated from the writings of the inventor - Jim Humble. Users are not restricted to any specific dosage or timings. It's virtually impossible to overdose on MMS because you would throw up if a mixture were accidentally mixed backwards or when mis-counting the drops. Step one states the minimum acid activation requirement. Do not drink MMS without activating it as described above. The MMS is highly alkaline and the acid is needed to properly produce the ClO2 molecules - which also brings the activated mix to the proper neutral acid level where it needs to be.

In you get rid of years of toxins too rapidly, naturally the elimination process can be overloaded, resulting in a brief period of diarrhea. This is a good indicator. Don't seek a remedy for this. You aim for body cleansing and MMS will achieve that as slowly or rapidly as you wish.

If you understand the statements below, you'll be able to make your own judgement about the scope of MMS likely benefits.

- ♦ Chlorine Dioxide gas is picked up by red blood cells, circulates and destroys pathogens that are eliminated.
- ♦ Chlorine Dioxide gas does not harm normal living body cells - unlike peroxide. It differentiates, seeking pathogens that have electrons to give up.
- ♦ MMS doesn't replace damaged body parts or add anything such as vitamins, nutrition, or protein.
- ♦ The immune system puts the ClO2 to use immediately - boosts it immeasurably.
- ♦ MMS doesn't heal anything. Sprains, whip-lash, bald head, addictions, and bad attitudes are not caused by bacteria.
- ♦ When your body is free from poisons and toxins, the immune system sometimes "heals" damaged body parts.
- ♦ Life style and positive attitudes are factors in triggering the immune system into reconstructive healing mode.
- ♦ Claimed: MMS can be used periodically to maintain a cleansed toxin-free body, achieving high levels of immunity.
- ♦ Conflict with other drugs is possible but has not been reported. MMS could magnify or exaggerate the intented effect of some other drug.

There is disinformation on the internet about MMS aging prematurely. In its dark bottle MMS will remain potent for at least four years on a dark shelf. If refrigerated if may remain active for ten years.

A few Internet sites state that MMS is merely chlorine and is therefore dangerous. Chemically this is untrue and by design it exploits our common ignorance about chemistry. It aims to stop the use of this most potent-but-safe germicidal agent on the planet.

Standard MMS is a 28% solution of Sodium Chlorite, prepared professionally in approved laboratories. IT IS VIRTUALLY ODOR FREE. When you add the acid, out-gassing begins to produce the distinctive odor. As long as you detect this odor AFTER adding the vinegar or other acid, you have assurance of activated MMS. The odor drifting through the room actually kills germs and air-borne bacteria. That odor is Chlorine Dioxide - a germicide like no other. If the odor seems undesirable during the three minute wait (especially when mixing higher dosages) carry the mixing cup outside until ready to add water or apple juice. MMS in an empty stomach is slightly more effective that if taken after meals.

These suggestions are based on the writings of Jim Humble. Sodium Chlorite is used widely in the purification of city water supplies. It is the salt that produces the germicidal agent "chlorine dioxide." Sodium Chlorite is the primary ingredient in MMS. It has been marketed for many years under other trade names such as Vitamin "O" and "Stabilized Water." ClO2 has been known for 70 years as the probably the most powerful germicidal agent on the planet. Children and campers use it to purify water and they drink it on camping trips. Blown with fans through air ducts the CLO2 gas was used in government offices to destroy all anthrax successfully. MMS is a mineral salt (Not animal or vegetable) and a short-lived food additive that destroys salmonela and ecoli.

Various reference articles and expanded explanations are here: **http://MMMS-articles.com**.
Sign up for the monthly Newsletter at the articles site.
Jim's main web site is at **http://JimHumble.biz**.